



CANADA GETS MORE BLING

PLUS: Soccer team nets historic win over Germany

metroRIO



Start a Career in Supply Chain

Offering an on campus and online Supply Chain Management and Logistics program in partnership with SCMA Manitoba



HERZING COLLEGE

204.775.8175 • herzing.ca/winnipeg

Winnipeg metro

CANADIAN MEDAL COUNTER

0

1

4



CACHAÇA
Popular Brazilian spirit
an acquired taste
metroLIFE

Your essential daily news | WEDNESDAY, AUGUST 10, 2016

High 22°C / Low 16°C Mostly cloudy

enRoute to foodie accolades

Local restaurant gets magazine's attention

metroNEWS



Scott Bagshaw's Maque is in the running in a prestigious competition to name Canada's 10 best new eating places. BRAEDEN JONES/METRO

Four arrested in Forks robberies

CRIME

Armed thieves damaged cars, targeted drivers and pedestrians



Braeden Jones
Metro | Winnipeg

Police are still searching for more victims after a pack of thieves robbed several people at The Forks Monday night.

Four suspects have been arrested after allegedly walking around the historic site with a "variety of weapons" and targeting victims apparently at random.

Patrol Sgt. Andree Huberdeau said the suspects confronted people who were "actually in their cars and damaged some of their vehicles," and also went up to people who "were on foot and walking in the Forks area."

The armed thieves damaged

vehicles, assaulted people, and stole personal property. No one was badly injured.

Members of the Division 11 general patrol unit, the tactical support unit and the canine unit worked together to find and arrest four suspects after receiving reports of the disturbance around 11:30 p.m.

When asked if people targeted were playing Pokemon Go, Huberdeau said some of the victims "might have been engaged in that activity," but that there really was no discernible pattern in the victims.

"It appears to be random incidents at this point; the victims were not targeted in any specific fashion," she said.

The investigation is in its early stages, but investigators believe there may have been additional victims or witnesses whom they are keen to speak with.

Police encourage anyone who was affected by or saw the incident to contact investigators at 204-986-6668.

RAV4 HYBRID

Confidence from every angle.

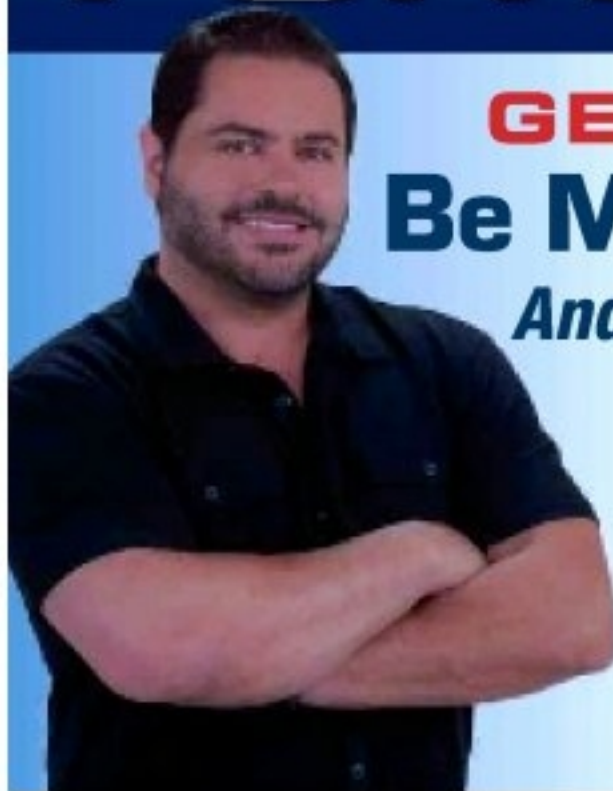
Introducing Toyota's all-new 360-degree Bird's-Eye-View Camera.*

toyota.ca

TOYOTA

*Cold weather and other environmental factors may limit system. Operates at low speed or when parked. Do not rely exclusively on the system as it is not intended to replace safe attentive operation of the vehicle. You should also look around outside your vehicle, over your shoulder and use your mirrors to confirm clearance.

— FREE REAL ESTATE EVENT — FORTUNES IN FLIPPING



Nick Vertucci Real Estate Expert, Mentor and Coach...

is assembling an exclusive team of wealth builders in your area. He is ready to teach people like you how to make up to **\$40,000 per deal** with his 3-step "Fortunes in Flipping" program.

As Seen On



GET IN, GET OUT, GET PAID!

Be My Next Real Estate Millionaire

And Get Started on Making \$5,000 - \$50,000 a Month!

I have so much I want to tell you. It's information that can help you break through quickly and start fulfilling your dream.

Transform Your Dreams into Reality!

Right now, people in the Winnipeg area are making millions flipping houses. In fact, there's never been a better time to do it.

I'm holding a **FREE** event near you to tell you all about it. Let me teach you my surefire 3-step Fortunes in Flipping program ... and introduce you to your new mentors: trained real estate professionals who are actively investing in your market right now.

I'll Show You, Step-by-Step, How to Make Money Just Like I Do

I've built a real estate empire on my own. Nobody gave it to me. I took the fantastic opportunities North America provides, and I went out and got what I wanted. Now I want to give back by helping average, ordinary people – just like myself – **get a big piece of the pie.**

Some people don't think it's possible. After all, in the last five years, average homeowners have lost more money in real estate than ever before.

But that doesn't faze me one bit because... During that same time period ... savvy investors (like my students and I) have made **MORE MONEY** in real estate than in any other time in our history.

We're now seeing the conditions in which **FORTUNES ARE MADE.** It all depends on which side of the market you're on. And I want to teach you how to be on the receiving end of massive wealth.

Discover the same methods my team's used to flip 800 houses so you can:

- Earn \$10,000 to \$50,000 per deal – in your spare time!
- Get access to seed money to start investing!
- Find exclusive properties for 40% off retail price!

There's Only One Question

Will YOU seize the opportunity by coming to my FREE Real Estate Event? I'll show you exactly how you can do what I do, even if you don't think you have the experience or the money to get started.

Here are just a few of the hundreds of investors whose lives have been changed by investing with Nick Vertucci Companies.



DON & ESTER JENSEN

Closed Sales - 10 closed deals (including partnerships & wholesale)

Profits from Sales & Wholesale \$228,750

"We have also made around 20k just in referral fees for Hard Money referrals"

Pending Sales - 4 Deals

On Market - 3 Deals

Deals Under Rehab - 4 Deals

Projected Profits \$2,650,000

That's 22 Deals since they went to Bus Tour Sept 2014



JOHN COOKSEY

Attended Bus Tour Sept 2014

4 Properties purchased first 6 mths

1st Flip - profit \$5,000

2nd Flip - profit \$8,000

1 in construction - estimated profit \$80,000

1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow \$34,000/mth

1 Purchased Duplex - \$800/mth

All Attendees will receive VIP TECH packages.

- ✓ GPS Smart Watch
- ✓ Power Charger
- ✓ USB Flash Drive Loaded with Nick's Fortunes & Flipping Kit
- ✓ FREE Lunch or Dinner



FREE \$599 VALUE



Call NOW to Register 800-795-3169
or visit www.NickFlipsWinnipeg.com



WINNIPEG

THURSDAY, AUGUST 25

12pm or 6pm

Four Points by Sheraton Winnipeg South

2935 Pembina Highway

WINNIPEG

FRIDAY, AUGUST 26

12pm or 6pm

Delta Winnipeg

350 St Mary Avenue

WINNIPEG

SATURDAY, AUGUST 27

10am or 2pm

Victorian Inn Winnipeg

1808 Wellington Avenue



INFRASTRUCTURE

City plans to open new bridge by 2023



Stephanie Taylor
Metro | Winnipeg

City officials are eyeing 2023 as the year Winnipeg will have a new Arlington Street Bridge.

Currently, the city is hiring a consultant to carry out preliminary design work on building a new structure to replace the 106-year-old steel truss bridge, which moves traffic over the CPR Yards.

Council gave staff the OK to complete more design work on the project in July. A transportation study and a functional design study to find a new crossing have already been written.

"The estimated life of the bridge is limited," reads a bid opportunity posted to the city's website.

"It is being inspected annually

and it can be closed at any time." Officials indicated 2020 as the year the bridge is to be decommissioned.

Staff are looking at building a new structure to the west of the current one in order for the current bridge to remain open as long as possible during construction.

However, this is contingent on CP Rail agreeing to move their L-lead spur line.

Otherwise the new structure would need to be built in the place of the current one — which would mean longer closures.

The city plans for the bridge to have two northbound lanes and one southbound lane with protected bike paths and sidewalks in both directions.

Early estimates peg the replacement and construction of a new bridge to cost upwards of \$300 million.

LABOUR

Ben Moss closure stirs trouble for workers

A group of laid-off employees of Winnipeg-based Ben Moss Jewellers is taking the company to the Manitoba Labour Board, alleging they were let go without severance or notice as the company shutters its 54 locations across Canada.

Vera Sime worked as an accountant at head office and says she had been assured her job would be safe until December to give her some

time to look for work.

But Sime, 55, says the company cut off her pay the same day it gave her a termination letter, and that she wasn't offered a severance package.

Ben Moss advertises itself as "diamond experts since 1910" but entered creditor protection last May.

Neither Ben Moss nor the Manitoba Labour Board could be reached for comment.

THE CANADIAN PRESS



1 A tornado touches down in Waywayseecappo First Nation Monday night.

SCREENSHOT/YOUTUBE

2 All that's left of a home after a tornado in Waywayseecappo.

RILEY LAYCHUK/CBC MANITOBA

3 Interesting clouds over Carberry Monday night.

BRAD DUNCAN/HANDOUT

Tornado touches down on reserve

FIRST NATIONS

Storm damages homes of seven families, no injuries

The number of tornadoes reported in Manitoba this year are higher than normal.

Environment Canada says by this time in the year, the province has usually seen eight tornadoes. As of Monday night,

there were 13.

Seven homes were damaged on Waywayseecappo First Nation when a severe storm hit Monday.

Environment Canada confirmed four tornadoes touched down in the region, including one that hit the Waywayseecappo First Nation late afternoon.

Waywayseecappo Chief Murray Clearsky said one of the seven homes was completely destroyed, and about 70 people were forced to seek shelter elsewhere.

The Canadian Red Cross was

sending volunteers to nearby Russell, Man., to provide food and housing for those displaced residents.

Environment Canada said the tornado in Waywayseecappo lasted for at least five minutes.

The weather service also said tornadoes also made it to ground near Binscarth, Rossburn and Elphinstone.

"It looks as though one building was destroyed," said Dan Fulton of Environment Canada. "It tipped over a school bus too."

Environment and Climate

Change Canada issued a number of tornado warnings across southern Manitoba, late Monday afternoon and evening.

Meteorologist Kirk Torneby said there was a strong cold front that swept across southern Saskatchewan and southern Manitoba.

"With it a number of strong storms have developed," he said.

Torneby said tornado warnings had been issued for the region. The storm system also brought strong wind and large hail. THE CANADIAN PRESS



MANITOBA INSTITUTE OF
TRADES AND TECHNOLOGY

mitt.ca



APPLY NOW FOR THE EVENING HAIRSTYLING
PROGRAM STARTING IN SEPTEMBER 2016

START THE TREND
GET CUTTING WITH MITT'S EVENING
HAIRSTYLING PROGRAM

► MITT.CA/STYLE

204.989.6500

Veggies a target for theft

CRIME

Farmers worry produce thieves getting organized



Elisha Dacey
Metro | Winnipeg

From cucumbers to onions to leeks, produce is being stolen in some parts of Manitoba this summer, and there are concerns the thieves may be getting more organized.

While rural farmers and city gardeners are accustomed to having curious snackers help themselves to a handful of food, stories of a recent mega-heist of more than 250 kilograms of cucumbers from a farmer's field are raising eyebrows.

"One of my producers called to tell me ... the cucumbers he intended to harvest had all been stolen overnight," Erin Crampton, who owns a farmer's market in Winnipeg, said Tuesday.

"I grew up on a strawberry



Stealing food from gardens is becoming more organized, say farmers. ELISHA DACEY/METRO

farm and every now and then, we'd come out in the morning to pick strawberries and we'd find empty beer bottles all over and we'd realize people had come in and had a snack and a drink in the middle of the night. But this is something different ... this is — go into a field, pick cucumbers

for several hours, and then take them somewhere to sell them."

Small communal gardens in the city are not immune either. At the Riverview Garden Society south of downtown Winnipeg, thefts jumped three years ago, prompting organizers to put up more signs to remind people that

the food belongs to those who rent the garden plots.

Society president Rod Kueneman said he has noticed much of the thievery seems to be targeted, bulk removal of specific items — a sign that the thieves may be stealing food in order to resell it.

"In the last four days, we've had two incidents where they've come in and picked a couple of gardeners clean out of their onions and leeks," he said.

Some thieves visit the gardens during the day and scout for certain produce — "doing recon," Kueneman said — and then return under the cover of darkness.

Kueneman and Crampton say thefts are not often reported to police. Farmers in a small community may fear repercussions, Crampton said.

At the Riverview gardens, some reports have been passed on to police when gardeners spot a thief getting into a vehicle and

jot down the licence plate. Otherwise, it's hard to find someone who walked away with onions.

RCMP say it's not a widely-reported problem.

"I believe it happens more often than it is reported to us. The fact that produce or crops are almost impossible to link to a specific field or area is probably the reason for most victims to not report it," Sgt. Bert Paquet, with the Manitoba RCMP, said in an email.

Crampton said the farmer who was robbed of cucumbers has put in new security measures, such as gates, around the large property.

Kueneman said some of the city garden plot owners have taken to working their gardens in the late evening or early morning to keep an eye out. And some have technological help.

"We do have people that have infrared cameras ... and I know there are gardeners that are walking down there after dark now."



One of my producers called to tell me ... the cucumbers he intended to harvest had all been stolen.

Erin Crampton

FOOD

Local eatery in running for list



Braeden Jones
Metro | Winnipeg

Five restaurants in the Prairies are in the running in a prestigious competition to name Canada's best new eating places — and only one is from Winnipeg.

Maque, a new Asian fusion restaurant on Stafford Street owned by Chef Scott Bagshaw, is on this year's list.

Air Canada's enRoute Magazine names their 10 best new restaurants every year and this year people can vote for their favourites online at eatandvote.com.

Bagshaw said it's harder for prairie restaurants to be noticed.

"It's tough, if you go to a city like Toronto, Vancouver, Montreal, you're dealing with a larger population... You're drawing from a much larger talent pool of chefs to work either for you or to open these restaurants."

"People don't expect a lot from Winnipeg and when they come here and they see what we're delivering... We'll get customers, people who travel a lot, they'll come in and they're like, 'This is as good as David Chang's Momo-fuku in Toronto.'"

The list of 35 restaurants also includes two from Calgary — Charbar and Whitehall — along with Uccellino in Edmonton and Little Grouse on the Prairie in Saskatoon.

"Some of the calibre of restaurants that are on this list again this year are pretty fantastic so being in that company is really, really great."

Bagshaw also owns Enoteca and Deseo. Deseo is slated to close this fall.

This year's top 10 list will be revealed in November.

WITH FILES FROM THE CANADIAN PRESS

DOWNTOWN

Location picked for Filipino festival

A location has been chosen for this year's annual Filipino street festival in Winnipeg.

The event, which is scheduled to take place Aug. 20, is set to happen in downtown Winnipeg, according to a release issued by the Downtown BIZ Tuesday.

The release says organizers of the Manitoba Filipino Street Festival got their hands on new funds through one of the BIZ's programs that encourage events

to be hosted in the downtown.

The BIZ expects as many as 8,000 people to attend the one-day event.

The festival will feature a parade with floats from communities around the province, and a street festival.

Various Filipino community associations will also set up tents along Broadway and Memorial Boulevard, the release says.

METRO

Grant's Old Mill

Invites you to attend a Pioneer Picnic!

Come out, enjoy a BBQ, and take in some entertainment

MUSIC BY THE ALMOST ANGELS, HITS OF THE 50's AND 60's 12:30 p.m. to 2:30 p.m.	METIS INFINITY DANCERS, METIS FIDDLER, METIS GUITAR PLAYER 11:30 a.m. to 12:30 p.m.	HERITAGE INTERPRETERS, FACE PAINTER, BALLOON ANIMAL MAKER 12:30 p.m. to 2:30 p.m.
---	---	---

Learn about Cuthbert Grant and the fur trade. You will see how a grist mill operates and flour is produced using millstones as it was in pioneer days
TOURS ARE AVAILABLE.

Pioneer Picnic at Grants Old Mill, 2777 Portage Ave. Winnipeg, MB
August 13, 2016 - 11:00 a.m. to 2:00 p.m. - BBQ noon to 2:00pm
grantsoldmill.ca @grantsoldmill grants old mill-winnipeg



BLOOD DRIVE A SURVIVOR SPEAKS Paul Neufeld, who received many pints of blood after a near-fatal crash in 2012, speaks to the need for blood donations. Emergency service workers who know all too well how dire the need for donated blood is are going head-to-head in the annual "Sirens For Life" blood drive campaign, ending in September. BRAEDEN JONES/METRO

Disease outbreak on warship

MILITARY

Hand, foot and mouth disease aboard HMCS Charlottetown

A Canadian warship deployed at sea on a NATO mission has been hit by an outbreak of hand, foot and mouth disease, Torstar News Service has learned.

Some 20 sailors aboard HMCS Charlottetown came down with the contagious disease in recent days, which can cause painful sores and lesions on the tongue and gums as well as on hands and feet.

A military spokesperson confirmed the outbreak and said that personnel were being treated to ease the symptoms of hand, foot and mouth disease (HFMD).

"Members with HFMD on board HMCS Charlottetown are being treated to help alleviate their symptoms as required," Capt. Nicola LaMarre said.

The frigate sailed from Halifax on June 27 to take part in Operation Reassurance, Canada's contribution to NATO deterrence deployments in Eastern Europe.

In mid-July, the ship was in



None of the cases have caused serious illness.

Capt. Nicola LaMarre

+ MEDICAL CARE

Canadian frigates, which sail with a crew of just over 200, don't usually carry a doctor.

Medical care is provided by a physician's assistant, who can consult with doctors onshore.

There is no vaccination or specific treatment for hand, foot and mouth disease, though medication can be taken to relieve the symptoms.

The disease can be spread by close contact, close personal contact, coughing or sneezing and touching infected surfaces.

the Black Sea where it participated in NATO operations, including exercises to hone anti-submarine warfare skills.

It's back in the Mediterranean Sea and spent the weekend docked in Souda Bay, on the Greek island of Crete, for a scheduled port visit.

As HMCS Charlottetown returned to sea Tuesday, there were just two active cases of hand, foot and mouth disease on the frigate, LaMarre said.

"None of the cases of HFMD on board HMCS Charlottetown have caused serious illness or impacted operations. All of the members are being treated by the medical personnel on board the ship in accordance with established medical protocols," she said. TORSTAR NEWS SERVICE

HEALTH AND SAFETY

Federal buildings aging, crumbling

Officials warned the government late last year that without a significant boost in repair funds, aging and crumbling federal buildings could soon become unfit for workers and jeopardize health and safety.

The situation outlined in briefings to Public Services Minister Judy Foote in November, shortly after the Liberals took office and Foote took up her ministerial posting, appeared dire.

The department was so cash-strapped that it could no longer pay for building inspections used to uncover health-and-

safety risks and identify required repairs.

Utilities and services could stop without additional funding, say the documents, obtained under the Access to Information Act.

And service levels had fallen so far that they were "well below" what the government's private service providers were giving their non-government clients. In the last fiscal year, officials calculated they needed at least \$200 million to cover a budget shortfall and operate at minimal service levels.

THE CANADIAN PRESS



Ugandan LGBTQ swimmers in Edmonton for international competition are thrilled to be seen as equals. KEVIN TUONG/FOR METRO

EQUALITY

LGBTQ Ugandans swim free in Canada



Alex Boyd
Metro | Edmonton

When the police raid started, Adebayo Katiiti was on a nightclub runway, about to hand over his crown to Uganda's new Mr. Gay Pride.

"They started grabbing people, beating trans women, beating trans men, beating us up," he said. "It was really too much."

That was last week. This week, the personal trainer and football player is in Edmonton as part of a five-person Ugandan team competing in the International Gay and Lesbian Aquatic Championships for the first time.

It's an abrupt change of scenery.

"Whenever I think about it, I

even dream about it, it is always on my mind," he said of the raid. "At least bringing me here to the competition, it's going to make me feel calm."

This year's championships have attracted 400 athletes from 10 countries to the city, where they'll face off in events like swimming, diving and water polo. But if it's about athletics, it's also about bringing together a community that still faces widely different circumstances worldwide.

"Sports are really important (and) what better way to show we can participate?" event co-chair Mike Stansberry said at a roundtable Monday. "Sports unite people."

This is the first time a Ugandan team has been able to take part in IGLA.

While team members point out their country has a vibrant



Adebayo Katiiti gets ready to do a few practice laps before the championships get underway. KEVIN TUONG/FOR METRO

LGBTQ scene, same-sex activity is punishable by up to 14 years in prison, which has made public activism difficult.

The east African nation is one

of the 74 countries where same-sex relationships are illegal, according to the International Lesbian, Gay, Bisexual, Trans and Intersex Association.

TRUDEAUMETRE

Promise tracker finds global audience



Lucie Edwardson
Metro | Calgary

The idea of a Calgary man to hold Prime Minister Trudeau accountable for his election promises has taken international flight.

Dom Bernard is the owner of Covosoft and creator of the TrudeauMetre — a non-partisan website that tracks the Prime Minister's election promises and allows citizens to enter into a dialogue about them.

"People are always commenting on promises that matter to them," he said.

"There are some platforms out there that are more biased, but our website we made sure it was non-partisan — it's free and open to everyone."

It's not just free to Canadians either.

"People around the world have been contacting me," he said.

"When that happens and someone from Argentina or India or wherever reaches out I just give them the code

and the framework and say go ahead and do it."

Websites using Bernard's idea, code and framework have since popped up in Argentina, Sweden and Jamaica. Bernard said there will also be one launching shortly in India.

So far on TrudeauMetre, Bernard and his team have seen action on 114 out of 220 promises made by Trudeau.

No progress has been made on 106 of them, 62 promises are in progress, 34 promises have been achieved and 18 have been broken.

TRUDEAU METRE

Not yet started: 106

In Progress: 62

Achieved: 34

Broken: 18

Dire days for Aleppo

MIDDLE EAST

Besieged city in Syria is home to more than 250,000 people

Experts painted a graphic portrait of barrel bombings, attacks on medical facilities, chemical weapons use and the ongoing suffering inside the besieged Syrian city of Aleppo, shaming the international community for its inaction at an informal Security Council meeting organized by the United States.

Dr. Zaher Sahloul, a Syrian-American doctor from Chicago, told the meeting held Monday that medical facilities in eastern Aleppo are routinely targeted, creating a situation where people



The Karaj al-Hajz corridor in the rebel-held part of Aleppo.

AFP/GETTY IMAGES

are dying from treatable conditions for lack of medical care and basic supplies.

Sahloul said he asked a nurse there what she wanted most

from the United Nations and she replied that she wanted help evacuating a 10-year-old girl named Shahd who was wounded by a bomb and is now dying due to a shortage of medicine.

"We don't need condemnations, prayers or pointing fingers, we had enough of that. I ask you to meet the people of Aleppo and see them as humans. I have one request, besides saving Shahd, visit Aleppo yourself and meet with its doctors, nurses and patients. If three doctors from Chicago were able to do that, you

UN RESPONSE

The UN and its partners said they are "ready to roll" with aid to Syrians, but the deteriorating security in the country is keeping it from being delivered. Undersecretary-General Stephen O'Brien said the risk "has been too grave."

can do it," Sahloul told diplomats.

Currently, more than 250,000 people are besieged by government forces in the eastern part of Aleppo, a city that has been divided into rebel and government-controlled parts since 2012.

The government completely closed the main road into the rebel-held areas of Aleppo on July 17, effectively cutting off all supplies and exit routes.

Rebels breached the Syrian government siege on opposition neighbourhoods in Aleppo on Saturday, opening a corridor in the south and marking a major military breakthrough, but observers said civilians still don't have a safe route out because of intense airstrikes and shelling in the area. THE ASSOCIATED PRESS

ITALY

Pasta served with a side of humanity

Police in Rome have come to the "rescue" of an elderly, quarrelling couple by cooking them two plates of pasta.

The 94-year-old man and the 89-year-old woman — married for nearly 70 years — were shouting and crying recently in their apartment in the Appio neighbourhood of Rome.

According to a police statement posted to Facebook, the couple, named Jole and Michele, told the police they were lonely. No one had visited them in a long time.

Jole in particular was upset at the stream of bad news she watched on the TV each night.

"Attacks, child abuse ... Jole wonders why there is so much

evil in the world," the Facebook post said. "Sometimes the loneliness melts into tears."

The post said the four officers realized there was no crime in progress and no forms to fill out. The couple were just "two souls" who needed reassurance.

So the officers set to work treating them to dinner, using the couple's tiny kitchen and what ingredients they had at their disposal: spaghetti, butter, cheese plus a "precious ingredient — all their humanity."

One officer cooked at the stove while the other three set about to entertain their new friends, the statement said.

And the couple ate with gusto.

THE ASSOCIATED PRESS



Jole and Michele THE ASSOCIATED PRESS

BY THE NUMBERS ALEPPO IN CRISIS

35

The number of physicians remaining in the city.

15

The number of health care facilities attacked in Aleppo in July alone.

IT'S BACK!! THE PRIME TIME SALES EVENT IS BACK FOR ONE MONTH ONLY!

The Prime Time Sales Event. It is now the Prime time to buy in 2016 at Transcona Trailer Sales.

With Rebates from our factory's this month and still more than half the summer to enjoy it!

Visit us at www.transconatrailers.com to view our inventory!



2016 Crusader 29RS

Copper Decor,
Advantage Package,
Free Standing Table
With 4 Chairs

\$41,995

Retail \$55,995

Sale



2016 Georgetown 378TS

Full Custom Black
Diamond Interior, Exterior
Entertainment, Full
Exterior Custom Paint

\$182,995

Retail \$231,995

Sale



2016 Avenger 27DBS

Free 50" TV Installed!
Double over Double
Bunk Beds,
Outside Kitchen

\$28,995

Retail \$34,995

Sale

TRANSCONA
TRAILER SALES

204-237-7272 • 1-800-668-4660

SALES@TRANCONATRAILERS.COM

www.transconatrailers.com

ROSEMARY WESTWOOD ON CAMPUS SEXUAL ASSAULT

A new report obtained by Metro suggests that Ontario's widely lauded sexual assault law, which has formed the basis of similar bills in B.C. and Manitoba, will direct schools to focus resources in the wrong places.

If you had any doubt that Canadian universities are woefully ill-equipped and objectively ineffective at dealing with sexual violence, we now have research to prove it.

It's a fact that media investigations have revealed in recent years that sexual violence advocates and survivors know all too well.

And it's now borne out by the most comprehensive report on experiences of campus sexual violence completed in this country.

"The Response to Sexual Violence at Ontario University Campuses," a scathing, 56-page research report, has been obtained by Metro. The result of an independent investigation funded by the Ontario government, it calls for a "massive change" in how schools handle sexual violence, says principal investigator Dawn Moore, an associate professor of law at Carleton.

The report singles out five distinct, broad areas of concern and makes 18 specific recommendations to fix them, including the creation of anonymous sexual-violence reporting systems on campuses and an independent, community-based oversight body to review universities' responses to sexual violence.

Perhaps most troubling for governments seeking to legislate change, the report suggests that Ontario's Bill 32, the widely lauded sexual assault policy that has formed the basis of similar bills in B.C. and Manitoba, will direct schools to focus resources in the wrong places.

The five major findings:

1. There are pervasive rape myths on campuses, and staff often blame victims or discount their stories. The common university "risk-management approach" frames survivors as a problem to be solved

2. Survivor-centred poli-

cies, while intended to give victims of sexual violence agency, actually function to silence and minimize rape on campus

3. "Institutional silos" at schools create a "frustrating bureaucratic nightmare" for survivors and, at worst, "justify inaction by respective units throughout the university"

4. A broad lack of educa-

widespread systematic failure to make campuses safer and support those who are harmed by sexual violence.

"A defining feature of university responses to sexual violence is the absence of formal reports," the researchers concluded — a fact that administrators attribute to the wishes of survivors who prefer "informal remedies." Not only do those remedies often



PROGRESS? A student wears a "No means no" badge at a rally at Saint Mary's University in 2013. A new report has dealt scathing rebukes at government reforms aimed at curbing rape culture at Canadian universities. THE CANADIAN PRESS FILE

tion for students and training for staff on healthy sexuality and sexual violence perpetuates rape myths

5. Survivor resources are both difficult to access and poorly staffed.

Over four months, from this past March to June, the research team completed an extensive review of existing literature, and noted a disturbing lack of comprehensive campus sexual-violence studies in Canada. They conducted site-specific research at three universities — Carleton, Lakehead, and Waterloo — where they interviewed sexual-assault survivors, administrators and service providers, campus security and police, and students. What surfaced was an insidious and

prove lacking, but the lack of formal reports deliver a silencing effect, giving schools an excuse not to collect data that would more accurately represent the prevalence of sexual violence.

When survivors do report, they feel "bounced around" between "sexual assault centres, equity offices, health and counselling, academic support services, deans and VP students as well as campus security," none of which "appear to be in conversation with each other, even when it was about individual cases," the report concludes. The researchers found no system to monitor disclosures of sexual violence, and no system for consistent information sharing at any of the

schools. In effect, no one is tracking perpetrators.

Better reporting is a cornerstone of the Ontario Liberals' new bill on sexual violence on campus, and then B.C.'s and Manitoba's. But while the report certainly calls for a more streamlined process, it also suggests universities should "move beyond" this effort and "concentrate more on service provision, informal remedies and the prevention of sexual assault."

Since so few survivors want to make formal reports, schools have a better shot at serving them via counselling and health services, academic help and safety plans that help survivors avoid their abusers, researchers concluded.

Dawn Moore, the principal investigator, said she's cautiously optimistic the report will be translated into on-the-ground changes, and she cited this particular cultural moment around sexual assault: "In the 20 years I worked on violence against women, this is the first moment in history where I've felt like maybe we have a chance," she said.

To that end, a spokesperson for the Ministry of Community Safety and Correctional Services, which is reviewing the report, told Metro, "This research may help us identify gaps and potential best practices and support the development of tools to improve police responses and investigations across the province."

At the highest level, Moore said, she hopes the report forces "universities to stop thinking about sexual violence as a risk to be managed."

And at the very least, it's given lie to years of lip service that universities are doing all they can to help survivors of sexual violence, and end campus rape.



Liberals' economic goals depend on world forces



Paul Wells

But enough of summer silly-season stories. Justin Trudeau's biggest problem isn't that he has spent August wearing only half his clothes. It's that Canada has spent 2016 wearing only half its economic growth.

The other day I caught up with a Liberal who's involved in preparing next spring's federal budget. It's supposed to be the fun one. New governments' first budgets are normally delivered within only a few months after an election by rookies unsure of their roles, offering only tweaks to the previous government's assumptions and work habits. With the second budget, a government can begin to etch its philosophy into the books.

Finance Minister Bill Morneau's budget next February or March will lay out the details of Phase Two of the government's infrastructure plan, dozens of billions of dollars in new money for high-profile city-building projects, big new transit projects, and the like. Other measures should describe the transition to a lower-carbon, higher-innovation economy. All of this is what the Liberals suppose they were elected to do.

So why was my acquaintance so glum? Low growth.

"We say that everything we do, taken together, will add a point to GDP growth," this person said. "Well, first, we'll see whether we can do that. But, second, it depends what level of growth we're given by the global economy. ... It doesn't help all that much if that means growth goes from 1 per cent to 2 per cent."

When the Liberals wrote their election platform in the spring of 2015, the Bank of Canada was projecting 2.5 per

cent GDP growth for 2016. By last October, the bank had cut the projection to 2 per cent. Last month, the bank revised down again, to 1.3 per cent.

Compare and contrast. For four wild years at the end of the 1990s, from 1997 to 2000, GDP growth soared between 4 and 5 per cent. Those were the days when Jean Chrétien and Martin launched the Canada Foundation for Innovation and the Vancouver Agreement, cut income taxes by an amount comparable to Stephen Harper's later GST cut, and still managed to sharply increase cash transfers to the provinces.

Those heady achievements were fuelled by collapsing interest rates, the first internet tech boom, and the happy coincidence that Ontario was tucked into the middle of the United States during a rampaging economic recovery.

None of this can be said today. Interest rates aren't going much lower. There's a sense that tech has coughed up all the productivity gains it could have offered. And while Hillary Clinton's election seems likelier every day, she has no magic plan to boost growth in our largest export market.

There is only so much any Canadian government can do to influence the country's economy; we are captive to world trends. And sharply limited growth would put a low ceiling on all the Trudeau government's aspirations.

In two weeks Trudeau's cabinet will travel to northern Ontario for the third in a series of quarterly retreats. The first two were relaxed and upbeat. This one will have an edge. The boss plainly took care to ensure he enjoyed his summer. Here's hoping the rest of them did too. Recess is over.

Paul Wells is a national politics columnist for the Toronto Star.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shroot

MANAGING EDITOR WINNIPEG
Elisha Dacey

ADVERTISER INQUIRIES
adinforwinipeg@metronews.ca
General phone 204-943-9300

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

EVERY NOBLE
WORK IS
AT FIRST
IMPOSSIBLE.

THOMAS CARLYLE

Philosopher cat now at
www.mymetrostore.ca



A look behind mushroom magic

CONSUMER KNOWLEDGE

Company says it can block bitter taste — is that possible?

Genna Buck
Metro Canada



It's a simple, smart business idea that addresses a real need.

ClearTaste, an odourless, tasteless food additive derived from mushrooms, blocks the action of bitter taste receptors on the tongue, making bitter, sour, and astringent foods more palatable.

Adding it to naturally bitter foods like chocolate, according to the Colorado-based producer, MycoTechnology, allows the sugar content to be reduced by 50 to 90 per cent.

In an interview, MycoTechnology's marketing director Josh Hahn declined to describe ClearTaste's chemical composition, exact mechanism of action, or, citing trade secrets, the types of mushrooms it contains.

And the company's scientists haven't published any peer-reviewed research yet, although they're at work on a paper now.

This poses a bit of a pickle for consumers. Without much information to go on, it can be hard to evaluate whether a product's claims are supported by sound science.

ClearTaste is already on the shelves in U.S. processed foods, and it's expected to arrive in

Canada as soon as this fall.

Marketed as a "universal bitter blocker," a boon for diabetics and healthy eaters, ClearTaste has been the subject of some breathless media reports.

"Researchers have finally discovered the key to naturally stripping sugar from all our foods," gushed Atlantic Media's Quartz site. "This All-Natural Solution Could Curb Our Sugar Addiction," enthused PSFK.com.

But Dr. Prashen Chelikani, a professor of oral biology who runs a lab at the University of Manitoba that develops bitter blockers, had a word of caution about the phrase "universal bitter blocker."

"In humans we have 25 bitter taste receptors," he said. "If it's blocking all 25, they can classify it as a universal bitter blocker. Right now, I don't know of a blocker that can block all 25 receptors."

ClearTaste most likely contains one or more of the 13 bitter blockers currently known to science, Chelikani explained, and perhaps something else that blocks sour receptors (those are a totally different thing, structurally speaking).

But there's no way to know unless the company publishes that information, he said, and "some companies don't publish."

MycoTechnology CEO Alan Hahn said the company plans to protect ClearTaste with some combination of patents — whereby more information about how it's made and what it contains would be made public — and trade secrets, which are, as the name suggests, secrets.

FOOD

When is ClearTaste coming to Canada?

MycoTechnology is working with B.C.-based GLG LifeTec on a low-calorie sweetener containing its bitter blocker ClearTaste plus stevia leaf, which naturally has bitter and metallic notes.

When pressed on the term "universal bitter blocker," he clarified that the product is "functionally universal": It works on all the bitter foods and drinks the company has tried it in. However, it's not technically universal, because it doesn't block all 25 receptors.

University of Toronto genetics professor and open innovation advocate Aled Edwards encouraged consumers to be skeptical of all natural health remedies and functional foods, not just bitter blockers.

"Science is used as a marketing tool, not as a discipline."

MycoTechnology's work raises interesting questions about sharing scientific knowledge in the public interest, because there are important applications for bitter blockers.

For example, children's tolerance for bitter medications is very low, and though nasty-tasting meds are masked with sweeteners, that only works up to a point, Chelikani said.

Plus, he said, bitter receptors exist in other parts of the body, like the gut. Their function is still being discovered. But they could become important drug targets in the future.

Hahn didn't have much to say about the possibility of other applications of the chemicals in ClearTaste. The company is focused on foods for now. "If there are other applications, we'd like to understand what the possibilities are. It really depends," he said.



Illustration: Companies like MycoTechnology, which makes bitter blockers using mushrooms, keep a lot of their science to themselves. This makes it hard for consumers to evaluate whether claims are supported by evidence. iStock



JOHANNA SCHNELLER WHAT I'M WATCHING



NBC tried to milk a controversy between U.S. swimmer Lilly King and Russian swimmer Yulia Efimova. GETTY IMAGES

Cool it on the smack talk, NBC

THE SHOW: The Rio Olympics, Sunday and Monday night (NBC/CBC)

THE MOMENT: NBC's goading commentators

After Sunday's heat, Russian swimmer Yulia Efimova holds up her index finger, No. 1.

From the warm-up room, U.S. swimmer Lilly King wags her finger back.

NBC commentators, including Rowdy Gaines and Dan Hicks, go nuts.

"She is saying not so fast,

Efimova," they cry. They go on and on.

King bests Efimova's time. She holds up No. 1. The NBC reporter on the floor pounces. "You're shaking your finger No. 1, and you've been caught for drug cheating," King says of Efimova. "I'm just not a fan."

The NBC team is delirious: A controversy they can milk! Monday, during the King/Efimova medal race, they keep saying, "This is who Lilly is, brave, gutsy, open." Um, she's racing for a medal, not to "make a

statement."

King wins. Afterward, an NBC reporter fearlessly puts words into King's mouth: "Have you made a statement here?" She has to ask more than once, but finally King says, "I hope I showed we can compete clean and win." Jackpot!

Call me old-fashioned, but I thought the Olympics were about peaceful competition, not reporters goading athletes to talk smack to goose their ratings.

Don't get me started on how

desperately Gaines and Hicks wanted a fist fight to break out between Michael Phelps and Chad Le Clos, who beat Phelps in London, in the warmup room Monday. Le Clos danced while Phelps glowered. The NBC team hooted like schoolyard-bully-enablers. "Maybe we shouldn't air the next heat, and just stay on this," they crowed. "This is great television!"

If you have to instruct your audience, "This is great television," maybe it isn't. Grow up, NBC.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Hot dogs

If summer outings have you indulging in one too many hot dogs, swap it for the occasional veggie dog.

PICK THIS

Yves Veggie Dogs (without bun)

Calories 50
Fat 1g
Sodium 320mg



SKIP THIS

Maple Leaf Top Dogs Original BBQ Size (without bun)

Calories 160
Fat 14g
Sodium 480mg



HERE'S WHY



Correction: Last week's column incorrectly stated that the Dairy Queen Cotton Candy Blizzard was equivalent to two 2L bottles of Coke in sugar; it should have stated two 16oz bottles of Coke in sugar.

Equivalent to three 6" Roast Beef subs from Subway in fat

From ballgames to BBQs, hot dogs are a popular and easy pick in the summer, but I urge you to limit these processed forms of meat. These hot dogs are made with mechanically separated chicken, pork and beef, and also contain sodium nitrite, which has been linked to an increased risk of certain cancers. They also have three times more calories and a third more sodium than the veggie dog, which has virtually no fat compared to the hot dog.

FOOD BRIEF

Toast the Olympics with a Brazilian spirit

When it comes to a post-performance liquid our Olympic athletes in Brazil may have to contend with cachaça (kah-SHAH-sa): Brazil's most popular alcohol-based beverage.

Though made with sugarcane juice (rather than molasses like most rums) cachaça often gets lumped in with the rum category much to the chagrin of Brazilians who consider it a more refined spirit.

Refined may be a bit of an overstatement. Taken straight cachaça can taste like it's been filtered through a used sweat sock. That's why, here in Canada, versions like the surprisingly smooth Leblon Cachaça (700ml, \$37.29-\$38.33) are used more as the base for tropical-style drinks. The simple to make caipirinha (kay-peer-EEN-yah) is Brazil's national cocktail. Just muddle half a lime cut into wedges with a half teaspoon of sugar then add the cachaça and some ice.

PETER ROCKWELL/METRO



I NEED:

financial options that work for me



Explore your Options at Robertson College

Morning, Afternoon, Evening, Weekend & Online

204.943.5661
robertsoncollege.com

ROBERTSON COLLEGE

metro

THE HANDY POCKET VERSION!

Get the news as it happens

Download the Metro News App today at metronews.ca/mobile

RESERVED SEATING • LICENCED • FULL CONCESSION • FREE PARKING • VIP PARKING

RED RIVER CO-OP Speedway

2016 RACING SCHEDULE

SS - STREET STOCKS	MWM - MIDWEST MODIFIEDS	M - MODIFIEDS	LM - LATE MODELS	PS - PURE STOCKS	ST - SUPER TRUCKS	4C - 4 CYLINDERS
AUG 11	M - MWM - PS					
	DELAINE MEMORIAL					
AUG 18	SS - MWM - LM - PS - ST - 4C					
AUG 25	SS - MWM - M - LM					
	CAN AM LATE MODEL CHALLENGE					
SEP 1	SS - M - LM - ST - PS					
SEP 8	SS - MWM - M - 4C - ST					
SEP 10	DARK CROSS - CYCLOCROSS					
SEP 17	4C - ST - PS					
SEP 18	TEEN CHALLENGE DEMO DERBY					
SEP 24	SS - MWM - M - LM - ST - PS					
SEP 30	SS - MWM - M - LM - ST					
	PRAIRIE CLASSIC DAY 1					
OCT 1	ALL CLASSES RACE					
	PRAIRIE CLASSIC FINALE					

FOLLOW US ON SOCIAL MEDIA!

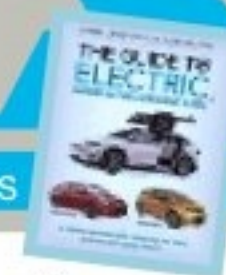
YouTube Instagram Twitter Facebook

TICKETS AVAILABLE AT THE TRACK OR AT RED RIVER CO-OP GAS BARS

ADULT: \$15 STUDENT: \$12 SENIOR: \$12
KIDS (7-12YRS): \$5 KIDS (6 & UNDER): FREE

*MUD BOG & TRACTOR PULL ARE SPECIAL EVENTS - ADULT TICKET AT THE GATE \$20

VISIT OUR SITE: REDRIVERCOOPSPEEDWAY.CA



Family-friendly weekend warrior



REVIEW

New Crosstrek great on trails, but a bit blah in the city



Dan Ilika
AutoGuide.com

A void was left in the market when the Honda Element was scrapped, one that was quickly filled by the Subaru Crosstrek.

Both took aim at the adventurous type, or at least those who like to project that image. From getting groceries to getting outdoors, you'd be hard-pressed to find better family-friendly weekend warriors.

Unlike the Element, though, the Crosstrek is usable for more than just looking like the boxes you're carrying behind the tailgate. It offers the ride height and commanding view of the road consumers crave. And unlike its competitors, the Crosstrek gets its bones from the compact Impreza, giving it a leg up when it comes to versatility.

The Crosstrek may look like an Impreza hatch with a bunch of plastic bits bolted to the side, but it's much more than that — kind of. Yes, the two share the same powertrain and basic architecture, but the Crosstrek sets itself apart from its platform mate almost immediately. Its wheelbase is about half an inch shorter than the Impreza hatch, and it rides much higher, with the Crosstrek's 8.7 inches

of ground clearance matching the likes of the Jeep Cherokee when it comes to clearing obstacles.

The fender flares and body cladding — that stuff's mostly just for show. But the all-wheel drive and locking centre differential that promises a 50/50 torque split — those are the real deal, and they bring a certain level of legitimacy here.

The Crosstrek comes alive when the trail begins, and feels confident that it can tackle just about any terrain. Its engine isn't the most powerful, but it's more than enough for light trail duty, while the standard five-speed manual allows for the torque control necessary to negotiate less-travelled paths. The locking centre diff fights off any loss of traction that inevitably occurs, and the suspension has enough travel to handle all sorts of rocks, ruts and roots.

So where does it go wrong?

Get back to the asphalt and the Crosstrek loses almost all its personality. The chassis and drivetrain that is so communicative on the trail simply isn't on the road, getting lost somewhere on the way and leaving the Crosstrek feeling like a pretty pedestrian compact that offers very little to get excited about.

The Crosstrek's saving grace when it's back to civilization is its versatile interior. It's spacious and comfortable, and can haul around just about anything you'd want, because unlike the subcompact-based competition, the Crosstrek's larger dimensions translate into more passenger and cargo room.

THE CHECKLIST | 2016 SUBARU CROSSTREK MANUAL

THE BASICS

Engine: 2.0L four-cylinder
Power: 148 hp, 145 lb-ft
Transmission: Five-speed manual; CVT
Fuel Economy: 10.2 L/100 km city, 7.7 L/100 km hwy (manual)
Price: Starts at \$24,995 (before freight)



LOVE IT

- Impressive offroad ability
- Interior versatility

LEAVE IT

- Underpowered engine
- Five-speed manual
- STARLINK smartphone interface



RED RIVER
COLLEGE

SCHOOL OF
CONTINUING EDUCATION

Advance Your Career

REGISTER NOW!

Start earning industry-recognized certificates this fall. Full-time, part-time, online and on-site options available. Flexible delivery to suit your schedule.

THE DIFFERENCE IS HERE

204.694.1789 | CDE@RRC.CA | RRC.CA/CONED



EMPLOYEE PRICING IS HERE

YOU PAY WHAT WE PAY.*

THE 2017 ESCAPE TITANIUM 4WD 301A WITH CANADIAN TOURING PACKAGE

EMPLOYEE PRICE
ADJUSTMENT

\$3,485*

FEATURES:

- PANORAMIC VISTA ROOF®
- VOICE-ACTIVATED NAVIGATION
- TECHNOLOGY PACKAGE WITH ENHANCED ACTIVE PARK ASSIST

Ryan
Ford of Canada,
Manufacturing



PLUS, ELIGIBLE COSTCO MEMBERS
RECEIVE AN ADDITIONAL

\$1,000*

ON MOST 2016 AND
2017 FORD MODELS.



Get your employee price at findyourford.ca
or visit your Prairie Ford store.

**IT'S EASY TO
GET INTO A FORD**

Oh hey, you're looking for the legal, right? Take a look, here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-365-3673. For factory orders, a customer may either take advantage of eligible non-checkable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Light Program or the Commercial Fleet Incentive Program (CFIP). *Ford Employee Pricing ("Employee Pricing") is available from July 1, 2016 to September 30, 2016 (the "Program Period"), on the purchase or lease of most new 2016/2017 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-450/F-550, Mustang Shelby GT350/GT350R, Ford GT, and Focus RS). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Union-/CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/TO/F-Plan programs. Until September 30, 2016, receive \$3,485 in Total Price adjustment with the purchase or lease of a new 2017 Escape Titanium 4WD Automatic 301A with Canadian Touring Package. Total Price Adjustment is a combination of Employee Price adjustment of \$3,485 and \$0 in delivery allowance. Employee Price adjustment is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/TO/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives. Offer only valid from July 1, 2016 to September 30, 2016 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before June 30, 2016. Receive \$1,000 towards the purchase or lease of a new and available 2016/2017 Ford model (excluding Fiesta, Focus, E-MAX, 50th Anniversary Edition Mustang, Shelby GT350 Mustang, Shelby GT350R Mustang, Ford GT, F-150 Regular Cab XL 4x2, F-150 Raptor and Medium Truck) (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before (AOD) 000 offer is deducted. ® Registered trademark of Price Costco International, Inc. used under license. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.



Montreal's Eugenie Bouchard and Ottawa's Gaby Dabrowski were ousted from doubles following a loss to Lucie Safarova and Barbora Strycova

Canada cast in bronze

RIO2016

Third-place diving finish keeps medals rushing in

Divers Roseline Filion and Meaghan Benfeito kept Canada's medal streak going at the Rio Summer Games with another bronze medal.

Filion, of Laval, Que., and Benfeito, of Montreal, were third in the women's 10-metre synchronized diving event Tuesday. They were fifth heading into the final round, but a botched dive by the North Koreans gave Filion and Benfeito an opening for a podium finish.

And they nailed it on their final dive — an inward 3-1/2 somersault — for a score of 80.64 points to finish with 336.18 overall behind two Chinese teams. Filion and Benfeito, who were bronze medalists four years ago in London, gave Canada its fourth bronze medal and fifth overall.

"It was crazy. We knew we needed a really good dive on the last one to have a chance at the podium," Filion said. "We went up there really calm, looked at each other and told each other, 'We got this,' and we ended up with a great last dive."

Canada's only non-bronze medal came in the swimming pool, a silver captured by 16-year-old Penny Oleksiak in the women's 100-metre butterfly final on Sunday. Canadian athletes have won at least one medal on each day of competi-

tion so far.

Filion and Benfeito make up half of the "Fab IV" on Canada's diving team. Filion, Benfeito, Jennifer Abel and Pamela Ware all have medal potential in Rio as Abel and Ware missed the podium in the three-metre synchro by less than a point.

"Fab" is an acronym — F for Filion, A for Abel, B for Benfeito, and the Roman numeral IV is a stylized W for Ware. All four women will now shift their focus to the individual events.

The competition was held outdoors for the first time since the 1992 Barcelona Games.

Meanwhile in Brasilia, the Canadian women's soccer team exorcised some demons with a 2-1 win over Germany to conclude the preliminary round. Melissa Tancredi had both goals as Canada withstood a late barrage from the second-ranked Germans to improve to 3-0-0 to finish atop Group F. More importantly, Canada earned its first win in 13 games against Germany.

"I am just proud of this team," Tancredi said. "To be able to put two goals past a tier-one opponent and really state our spot in this tournament is really huge for us."

Both teams had already clinched quarter-final berths. The Canadians will play the runner-up in Group G on Friday in Sao Paulo.

THE CANADIAN PRESS

WATER COLOUR
The colour of the water in the diving pool Tuesday was a putrid green, and there was no immediate word on what caused the colour change.

GETTY IMAGES



1 Canadians take one from hosts — Canada's Ben Saxton and Chaim Schalk earned a three-set win over Brazilians Evandro Goncalves Oliveira Junior and Pedro Solberg in beach volleyball.

2 Quebec City judoka stuck on bronze — Antoine Valois-Fortier came up short in his bid for a second straight Olympic judo bronze. The 26-year-old from Quebec City lost his repechage match to Japan's Takanori Nagase in the men's 81-kilogram event.

3 Serena eliminated in Round 3 — Serena Williams was eliminated from the women's singles tournament in a straight-sets loss to Ukraine's Elina Svitolina.

4 Wei makes weightlifting history — China's Deng Wei won Olympic gold and set a world record in women's weightlifting, hoisting 147 kilograms in the clean and jerk and 115 in the snatch for a total of 262. Her clean and jerk lift also broke her world record by one kilogram.

THE CANADIAN PRESS/THE ASSOCIATED PRESS; PHOTOS BY GETTY IMAGES



RIO in brief

Kiwi rugby hopes cloudy

Sonny Bill Williams was helped off the field with an injured left ankle during New Zealand's shocking 14-12 loss to Japan in its first game of rugby sevens at the Olympics.

The 12-time world series champions and one of the leading contenders for the first rugby medals awarded at an Olympics in 92 years, the New Zealanders struggled against the high-energy team from Japan.



Sonny Bill Williams
GETTY IMAGES

Marta's big moment

While Neymar has been a disappointment for the Brazilian men's soccer team, Marta has been a revelation.

Playing in front of her home fans in the Olympics has given Marta Vieira da Silva her chance to shine. She had two goals in a victory over Sweden on Sunday before Tuesday night's match against South Africa.



Marta
GETTY IMAGES

Media bus hit by projectile

Two windows were shattered Tuesday when an Olympic bus carrying journalists was hit by an unknown projectile. There were no serious injuries.

"We don't know yet if the bus was shot, or it was a stone," organizing committee spokesman Mario Andrada told The Associated Press.

Andrada said three of the 12 journalists on the bus suffered minor injuries. Two windows were shattered, with tiny shards of glass remaining in place.

"There was kind of a popping noise and something hit two windows on the side of the bus and left two hole marks, which looked like bullet holes," said David Davies, a photographer for the British-based news agency Press Association.

THE ASSOCIATED PRESS

Former first-round NFL draft pick and 2007 Heisman Trophy winner Tim Tebow plans to hold a workout for MLB teams this month

Part-time god, full-time athlete...but still mortal

RIO2016

Brinck-Croteau feels sharp end of a fencing life

To earn the privilege of competing on the theatrically lit stage where the Olympic fencing competition began Tuesday, Canada's Maxime Brinck-Croteau began plotting the details more than five years ago.

There's no money to be won in fencing. Brinck-Croteau, from Markham, Ont., smiled a bit when he was asked what the winner's purse had been at the most prestigious tournament outside the Olympics this year.

"It was \$10,000 U.S.," he said. "And that's the biggest by far."

But Brinck-Croteau devised a way to make money while fencing. He heard from another friend that a fencing club in China was looking for a full-time coach to teach young beginners the basics of the sport.

"They were looking for foreign coaches . . . because over there, as soon as you're white, you're like half god. You don't even need to be good," Brinck-Croteau was saying in a recent interview. "They present you as the half god of fencing — blah, blah — because you're white."

So for most of the past four years, in the pursuit of what he called his life's dream, Brinck-Croteau spent his days teaching

kids to fence while spending much of the rest of his time partaking in the training that allowed him to qualify for Canada's Olympic team in the individual epee. The duelling vocations — half-god coach and full-time athlete — complemented each other well.

"You know what they say: Teach it to master it," Brinck-Croteau said. "When you say to a student and what you do yourself, it's not always the same thing."

Brinck-Croteau's five-year plan looked as though it was coming together nicely Tuesday morning at Carioca Arena 3 in Rio's Olympic Park. The piste on which he was competing was lit with the artfulness of a Broadway stage. His opponent was one of the sport's biggest stars — Russia's Vadim Anokhin, the man who'd won that Grand Prix in Qatar where the winner's cheque totalled 10 grand U.S.

And for eight minutes and 18 seconds of the nine minutes that constitute a regulation bout, Brinck-Croteau looked as though he was about to pull an upset, using a patient, counter-attacking style to build a 14-10 lead.

But when Anokhin scored to make it 14-11 with 42 seconds remaining in regulation, Brinck-Croteau said something changed.

I'll look back and I'll eventually make peace with what happened.
Maxime Brinck-Croteau



Canada's Maxime Brinck-Croteau lost his Olympic opener to Russia's Vadim Anokhin at Carioca Arena on Tuesday in Rio. LAURENT KALFALA/AFP/GETTY IMAGES

"That was where I felt, 'I've got this,'" Brinck-Croteau said. "The pressure got bigger. My stress got bigger. I was more tight . . . And his hands started to be completely relaxed and his footwork more smooth."

The Russian staged a furious rally, tying it 14-14 with three seconds left in regulation. Sudden-death overtime ensued.

It only took three seconds for Anokhin to land the point that eliminated Brinck-Croteau from his first Games after his first match. Olympic moments can be fleeting, indeed. After it was over, Brinck-Croteau shook his head in weary lament.

"(Anokhin) had all the pressure. I was coming as the underdog, so I had no pressure. I was hungry. But when it was 14-11, the roles kind of switched," he said. "His experience overcame my lack of experience."

If it was difficult to find per-

spective in the moments after a crushing loss, Brinck-Croteau tried his best.

Speaking of the many miles he travelled to find his way here, the 30-year-old, has accumulated more than an Olympic berth on the journey. These past four years he learned Mandarin, just as he'd perfected English with his fencing friends in Ottawa, this during his early days in the sport.

"I learned fencing and two languages — it's a good side effect of the sport," he said.

TORSTAR NEWS SERVICE

IN BRIEF

Fielder forced to retire

Prince Fielder, the Texas Rangers slugger, is expected to announce his retirement from baseball Wednesday during a news conference at Globe Life Park. Fielder underwent a second cervical fusion surgery July 29 after a herniated disk was discovered in his neck. According to major league sources, Fielder has decided to call it a career. THE ASSOCIATED PRESS

Riders' Maze calls it a day

Defensive back Terrell Maze of the Saskatchewan Roughriders retired Tuesday. Maze re-signed with Saskatchewan prior to the start of the season but spent the first six games on the injured list. "I will no longer be playing anymore football in the future," Maze tweeted. "But I am proud to have ended my athletic career in the @CFL w/ @sksroughriders." THE CANADIAN PRESS

Stamps duo honoured

Running back Jerome Messam and kicker Rene Paredes of the Calgary Stampeders and B.C. Lions defensive back Loucheiz Purifoy were named the CFL's players of the week Wednesday.

Messam ran for 109 yards and accumulated 145 yards from scrimmage in the Stampeders' 35-15 win over the Roughriders. Paredes booted five field goals and finished with 17 points. THE CANADIAN PRESS

Birchwood CREDIT SOLUTIONS

Credit. From someone who's credible.™

You could be driving this weekend! If you:

- ✓ Can afford a payment
- ✓ Have a chequing account
- ✓ Have a valid driver's licence

How did Birchwood Credit Solutions approve over 600 vehicle loans in the past 30 days? Because we make your approval decision, not the banks!

[Apply Online](#) birchwoodcredit.com Call or text us at: **1-204-509-4231**

Visit one of our three city-wide locations!

1065 Salter Street
Between Leila and Partridge

768 Nairn Avenue
Corner of Chester Street

2554 Portage Avenue
Corner of Portage and Moray



Denny Hamlin celebrates winning at Watkins Glen on Sunday.
MATT SULLIVAN/GETTY IMAGES

NASCAR

Trophy typo leaves Hamlin in the past

Denny Hamlin might want to keep his own engraver on standby.

The Daytona 500 winner tweeted a picture Tuesday after he received his version of the Harley J. Earl Trophy that goes to drivers who win the Great American Race. But instead of the correct year of 2016, the silver plate read "2015."

"It just hasn't been the

best week as far as mis-prints go," Hamlin said, referring to a headline he saw Monday after his victory at Watkins Glen that said the winner was "Hamilton."

The win was Hamlin's first on a road course.

The Sprint Cup series is off until the Aug. 20 race at Bristol Motor Speedway.

THE ASSOCIATED PRESS



The Panthers' Mike Tolbert carries the ball during training camp in Spartanburg, S.C., Tuesday. THE ASSOCIATED PRESS

Fullbacks a dying breed

NFL

Mike Tolbert carries torch for backfield blockers

Ron Rivera can't imagine the Carolina Panthers without fullback like Mike Tolbert on the roster.

The five-foot-nine, 250-pound Tolbert does a little of everything for the NFC champions — blocks, catches passes, carries the ball and even contributes on special teams. So it's hard for Rivera to fathom how nearly one-third of the league didn't even carry a fullback on their rosters last season.

"I couldn't tell you why teams don't," Rivera said. "I think that is one of the missing links in the league to be able to have an effective running game, to have lead blockers and guys who can get dirty down inside."

It has worked for Rivera and

the Panthers.

The Panthers have run for at least 100 yards in an NFL-best 32 straight games, including the playoffs. They were second in the league in rushing last season and first in scoring and reached the Super Bowl before losing 24-10 to the Denver Broncos.

That success is why the Panthers didn't hesitate to re-sign the 30-year-old Tolbert to a two-year, \$3.3-million contract after he became an unrestricted free agent. All things considered the

Panthers might have gotten a bargain for a guy who has been an All-Pro two of the last three seasons.

Tolbert said the key to surviving is changing with the tide and remaining versatile.

"You have to do special teams and pass protect and block out of the backfield and run routes," Tolbert said. "You have to be able to do different things than in the past, more than just being a bang-your-head-against-the-wall fullback."

THE ASSOCIATED PRESS

256

Tolbert rushed for 256 yards and had 154 yards receiving last season. He also scored four TDs.

+ REMEMBERING SHOOTING VICTIMS

NFL Most Valuable Player Cam Newton and some of his Panthers teammates took a break from training camp to remember the victims of last year's Charleston church shootings.

The players visited a local

museum in Spartanburg, S.C., on Monday night to view artist Dr. Leo Twiggs' paintings that honour the victims of the shootings and those who rallied behind the church and the victims' families in the aftermath of the tragedy.

Win a trip for two to Churchill

and hundreds of other great prizes!

Download the app to discover specially marked bins and enter to win!

startshere.ca

Available on the App Store

GET IT ON Google Play



Contest ends September 30, 2016. No purchase necessary. For full prize details and rules see contest details at startshere.ca

RECIPE Asian Lettuce Wraps



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

The zing of ginger and garlic and crunch of cashews make these Asian lettuce wraps better than any takeout you can throw at them.

Ready in 10 minutes

Prep time: 10 minutes
Serves: 4

Ingredients

- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce
- small handful of cilantro, chopped
- small handful of unsalted

cashews, chopped

Directions

1. Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.
2. Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.
3. Check that the turkey has cooked through. Put the mixture in a serving bowl.
4. Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

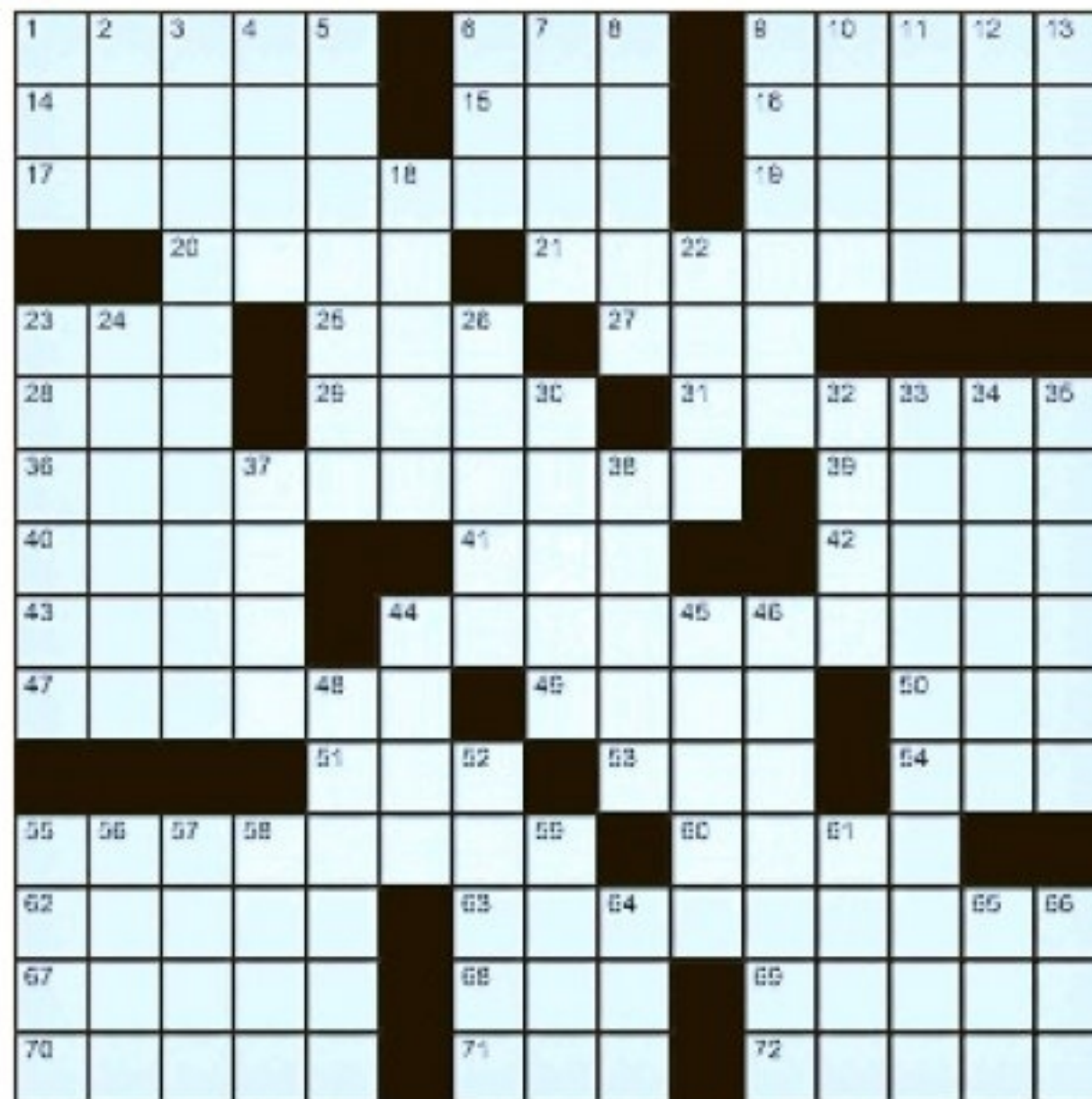
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: Performance measurers in some sports
6. The Tragically __
9. Movie star Willem
14. Put on __ (Fake it)
15. Wheat: French
16. Catherine of "SCTV"
17. RIO 2016: Trained in the gym: 2 wds.
19. Western flick
20. __ fine line
21. RIO 2016: Seven-players-a-team court sport
23. Vox populi, vox __
25. Mil. rank
27. Half a Teletubby
28. Ms. Longoria
29. RIO 2016: Team Canada's symbol, Maple __
31. Boston nickname: 2 wds.
36. RIO 2016: Olympic sport
39. Ms. Braxton
40. Approve
41. RIO 2016: Rio's country, IOC-style
42. Mr. Onassis, et al.
43. The Yukon, e.g.
44. RIO 2016: Olympic sport, Artistic __
47. Ritzy expanse
49. Biblical son of Cush
50. Y-following alternative
51. Advantages
53. RIO 2016: IOC code for where Colombo is the capital
54. Poet's 'com-



- monly'
55. RIO 2016: 'Village' denizens
60. Canadian star Mr. Thicke
62. "If" band
63. RIO 2016: IOC = International Olympic __
67. Mr. Manilow

68. Cooking amt.
69. Spiral-horned antelope
70. Madonna's "Vogue" beginning: "Strike __"
71. Musical note
72. President's Choice's Mr. Weston

DOWN

1. Spotted, to Tweety Bird
2. Veil heroine
3. RIO 2016: The Olympic sport of Judo: 2 wds.
4. Fashion designer, Marc __
5. Church part

6. Cable network
7. "___ Ya Papi" by Jennifer Lopez
8. Potpourri piece
9. "Zip-a-Dee-___"
10. Herman Melville's captain
11. Mirage, __ morgana
12. Mr. Hersher

13. Nobleman
18. Tree servicing company
22. RIO 2016: __, anthem
23. Dedicate
24. Calls forth
26. Type of cat
30. Pasture places
32. State: French
33. RIO 2016: Apparatus in #44-Across, __ Bar
34. Worldwide relief agcy.
35. Actress, Jacqueline __
37. Vega constellation
38. RIO 2016: Pool separators
44. Mannered man
45. 'A' of President James A. Garfield
46. RIO 2016: Olympic sport
48. Hippie t-shirt pattern
52. Factions
55. Swedish pop band
56. Pitfall
57. Saver of someone
58. Metallica's Mr. Ulrich
59. Fair
61. "Right back __" (Likewise)
64. US speed meas.
65. 'Client' completer
66. 'Jacob' suffix

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
For the next six weeks, you want to travel and explore! You also want to explore opportunities in publishing, the media, medicine, the law and higher education.

Taurus April 21 - May 21
Disputes about inheritances, debt and shared property might not be settled until October. Until then, be reasonable and patient, because this will help you.

Gemini May 22 - June 21
While Mars is opposite your sign for the next six weeks, it's easy to be impatient with others. (They seem to be so annoying!) After that, things return to normal.

Cancer June 22 - July 23
You're keen to work hard on the job to show others what you can do. Be careful you're not too bossy; ultimately, this is counter-productive.

Leo July 24 - Aug. 23
Competitive sports might be a strong focus for you in the next six weeks. You intend to go after what you want in terms of social plans, vacations and romantic intentions.

Virgo Aug. 24 - Sept. 23
Be patient with chaos and increased activity at home, because by October, this insanity will be history. Just go forward one step at a time. Relax.

Libra Sept. 24 - Oct. 23
Your communication skills are strong and forthright now, and they will stay that way until October. Use this to study, sell and write, but don't overwhelm anyone.

Scorpio Oct. 24 - Nov. 22
Your determination to boost your income is admirable. The trick is to reduce your spending. No matter how much you earn, if you spend more, you're in debt.

Sagittarius Nov. 23 - Dec. 21
You love the outdoors. Since Mars is in your sign until October, grab every chance you can to pursue physical sports and outdoor activities, because you need this outlet!

Capricorn Dec. 22 - Jan. 20
Secret love affairs, as well as behind-the-scenes activities, are your focus for the next six weeks. When in doubt, take the high road, because secrets eventually come out.

Aquarius Jan. 21 - Feb. 19
Competition with a friend or with a group through physical sports will be strong in the next six weeks. This same energy makes you a group leader.

Pisces Feb. 20 - March 20
Your ambition is aroused much more than usual until October. You can use this energy to accomplish something important. Be aware of this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level: ★★★★★

©2014 Conceptis Puzzles. Edited by Kira Narasimhan, Inc.

THE HANDY POCKET VERSION!

Get the news as it happens



metro



Download the Metro News App today at
metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



9	8	1	7	3	4	5	2	6
5	3	2	8	6	1	9	4	7
6	4	7	9	5	2	1	3	8
1	5	6	3	9	7	2	8	4
3	7	9	4	2	8	6	1	5
8	2	4	5	1	6	3	7	9
2	9	8	1	7	5	4	6	3
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1



GET MORE THAN THE COMPETITION.
NOW WITH LIMITED TIME OFFERS.



Ultimate model shown*
Selling Price \$30,627

THE ALL-NEW 2017 **ELANTRA** GL AUTO

LEASE FOR ONLY

\$59
WEEKLY

AT

0.9%⁰

WITH **\$0** DOWN

FOR
24
MONTHS

**ELANTRA DELIVERS
MORE THAN THE
COMPETITION. THAT'S THE
HYUNDAI ADVANTAGE.**



WARRANTY^{††}

X
CIVIC LX
MAZDA3 GX
COROLLA S



HEATED FRONT SEATS

X
MAZDA3
GX



HEATED STEERING WHEEL

X
CIVIC LX
MAZDA3 GX
COROLLA S



TOUCH-SCREEN

X
COROLLA S

2016 **TUCSON** 2.0L PREMIUM AWD



Ultimate model shown*
Selling Price \$41,527

GET MORE THAN THE COMPETITION. GET INTO A TUCSON.



WARRANTY^{††}

X
RAV4 LE
ROGUE SV
CRV LX



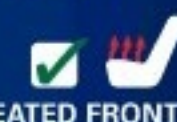
BLIND SPOT
DETECTION

X
RAV4 LE
ROGUE SV
CRV LX



REAR CROSS-TRAFFIC
DETECTION

X
RAV4 LE
ROGUE SV
CRV LX



HEATED FRONT AND
REAR SEATS

X
RAV4 LE
ROGUE SV
CRV LX

LEASE FOR ONLY **\$69** WEEKLY

AT **0.9%**⁰ FOR 60 MONTHS
WITH \$999 DOWN

2017 **SANTA FE** SPORT 2.4L FWD



Ultimate model shown*
Selling Price \$48,627

THINK THE COMPETITION GIVES YOU MORE
THAN SANTA FE SPORT? THINK AGAIN.



WARRANTY^{††}

X
ESCAPE SE
CRV EX-L
EQUINOX LTZ
ROGUE SL
PREMIUM



HEATED FRONT SEATS

X
ESCAPE S
CX-5 GX
EQUINOX LS
ROGUE S



17" ALLOY WHEEL

X
ESCAPE S
CRV LX
CX-5 GX
ROGUE S



3,058L
MAX. CARGO VOLUME

X
ESCAPE SE
CRV EX-L
EQUINOX LTZ
ROGUE SL
PREMIUM

FINANCE FOR ONLY **\$79** WEEKLY

AT **0%** FOR 84 MONTHS[†]

WITH **\$0** DOWN



ALSO AVAILABLE IN 6 AND
7-PASSENGER XL MODEL

5-year/100,000 km Comprehensive Limited Warranty^{††}

5-year/100,000 km Powertrain Warranty

**5 YEAR
WARRANTY**

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance

Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

THIS IS HOW WE DO IT.

visit HyundaiCanada.com

©/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. Claims based on Autoplanner specification comparison as of July 20, 2016. Vehicle class defined by Global Automakers of Canada segmentation for the Compact Car and Compact SUV segments. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2017 Santa Fe Sport 2.4L FWD with an annual finance rate of 0%. Weekly payments are \$79 for 84 months. \$0 down payment required. Cash price is \$28,872. Cost of borrowing is \$0. Finance offers include Delivery and Destination charge of \$1,895, levies and all applicable charges (excluding GST/PST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. †Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra GL Auto/2016 Tucson 2.0L Premium AWD with an annual lease rate of 0.9%. Weekly lease payment of \$59/\$69 for a 24/60-month walk-away lease. Down payment of \$0/\$999 and first monthly payment required. Total lease obligation is \$6,136/\$18,939. Lease offers include Delivery and Destination charges of \$1,895/\$1,795, levies, and all applicable charges (excluding GST/PST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. \$0 security deposit on all models. 16,000 km allowance per year applies. Additional charge of \$0.12/km. •Prices of models shown: 2017 Elantra Ultimate/2016 Tucson 1.6T Ultimate AWD/2017 Santa Fe Sport 2.0T Ultimate are \$30,627/\$41,527/\$46,627. Prices include Delivery and Destination charges of \$1,895/\$1,795/\$1,895, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ††Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaincanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.